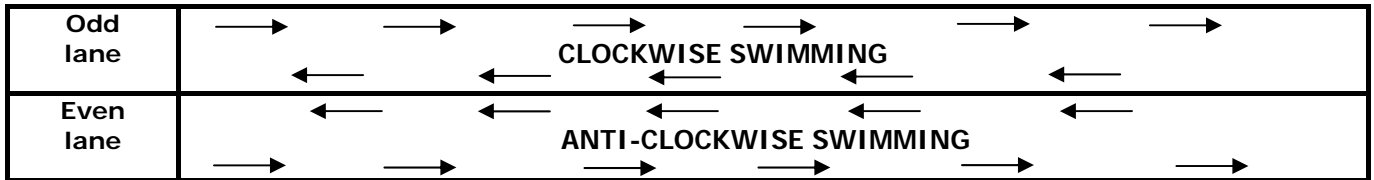


# SNZ Warm-up Procedure LC 8 lane pool



The Warm-up is reserved for competitors taking part in the Competition. **Swimmers, Coaches and Team Managers MUST follow instructions of the Warm-up Procedure during the Warm-up period.**

Swimmers to swim **CLOCKWISE** in odd numbered lanes and **ANTI-CLOCKWISE** in even numbered lanes as shown below. Signs will indicate which way to swim in each lane.



### Warm-up Times

The warm-up for each session will run as detailed below

|                          | Warm-up time | Sprint/Dive Lane Period | Session Start time |
|--------------------------|--------------|-------------------------|--------------------|
| Heats session            | 7am – 8.45am | 8.00am – 8.45am         | 9am                |
| Finals session 2         | 4pm – 5.30pm | 5.00pm – 5.30pm         | 6pm                |
| All other Finals session | 4pm – 5.45pm | 5.00pm – 5.45pm         | 6pm                |

### General swimming and race preparation period

**ALL** lanes to be used for general swimming and race preparation with no diving until the Sprint/Dive Lanes are in place. Feet first entry **ONLY** until the Sprint/Dive Lanes are in place.

### SPRINT/DIVE LANE

An announcement will be made for the start of the **SPRINT/DIVE LANE Period**.

**Sprint/Dive Lane 1** – Diving and sprints to the 25m marker is permitted in the **Sprint/Dive Lane 1**.

**Sprint/Dive Lane 2** – Diving and sprints for the 50m length of the pool is permitted in **Sprint/Dive Lane 2** – must exit the pool at the other end of the pool.

**The allocation of lanes in the SPRINT/DIVE LANE Period will be as detailed below and in the diagram.**

Signs will indicate what is happening in each lane.

- Lane 1 will be a **Sprint/Dive Lane 1** at the TURN end.
- Lane 2 will be **Sprint/Dive Lane 2** from the TURN end the full length of the 50m pool. **MUST EXIT THE POOL** at the START end. **DO NOT** cut across other lanes if only sprinting part of the way.
- Lanes 3 and 4 will be **General Swimming** with **NO DIVING**
- Lanes 5 and 6 will be **Pace Lanes** with **NO DIVING**
- Lane 7 will be a **Sprint/Dive Lane 2** from the START end the full length of the 50m pool. **MUST EXIT THE POOL** at the TURN end. **DO NOT** cut across other lanes if only sprinting part of the way.
- **NOTE: Lane 7 will become a Pace Lane with NO DIVING if not required for a Sprint/Dive Lane**
- Lane 8 will be **Sprint/Dive Lane 1** at the START end.

An announcement will be made 5 minutes prior to Warm-up finishing.

Another announcement will be made at the completion of the Warm-up.

**At this time swimmers are to clear the pool.**

**The SNZ Event Manager, Meet Director and Organising Committee Chair can change the lane allocation as appropriate.**

### Start end

### Turn End

Lane #

|   |   |
|---|---|
| 1 | Sprint/Dive Lane 1 – Diving from this end to 25m marker ONLY  |
| 2 | Sprint/Dive Lane 2 – Diving from TURN end for full length of 50m pool – MUST exit pool at START end |
| 3 | General swimming  |
| 4 | General swimming  |
| 5 | Pace lane for last 45 minutes of warm-up  |
| 6 | Pace lane for last 45 minutes of warm-up  |
| 7 | Sprint/Dive Lane 2 – Diving from START end for full length of 50 pool – MUST exit pool at TURN end  |
| 8 | Sprint/Dive Lane 1 – Diving from this end to 25m marker ONLY  |